

**ABSTRACT OF THE DISCLOSURE**

A system and method for delaying data transmissions from a server. A system administrator may specify a maximum bandwidth and a maximum number of sessions to be used 5 for transmitting one or more data transmissions from the server. A delay may be calculated based on the maximum bandwidth, maximum number of sessions, and a packet size used for transmitting the data transmission. The data transmission may not be transmitted until the delay calculated has expired.